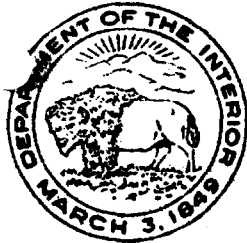


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DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

For Release JUNE 18, 1956

FOR FOOD EDITORS

SUMMERTIME IS TUNA TIME

Summertime is tuna time. This is the time when the busy homemaker appreciates suggestions for menus which are easy to prepare, delightful to look at, delectable to taste, and economical to buy. Tuna, a "meaty fish", devoid of bones and possessing a distinctive flavor very easily fulfills these requirements as it can be used in so many ways such as salads, sandwiches, and creamed dishes.

Canned tuna is a natural ingredient for summertime meals and is readily available in many packs, both regular or "dietetic". Practically all of the packs are of white or light meat in solid, chunk, grated, or flaked form. The "dietetic" tuna is salt-free and without the usual added oil for those who must omit these from their diet.

It takes only two cans of tuna to prepare a colorful, nutritious, main course salad as part of a summertime menu. The home economists of the Fish and Wildlife Service recommend "Molded Tuna Salad Loaf".

MOLDED TUNA SALAD LOAF

2 cans ($6\frac{1}{2}$ or 7 ounces each) tuna
2 tablespoons unflavored gelatine
 $\frac{1}{2}$ cup cold water
4 chicken bouillon cubes
 $1\frac{1}{2}$ cups boiling water
 $\frac{1}{2}$ cup mayonnaise or salad dressing

3 hard-cooked eggs, chopped
 $\frac{1}{2}$ cup sliced stuffed olives
 $\frac{3}{4}$ cup chopped celery
 $\frac{3}{4}$ cup cooked peas
Salad greens
Tomato wedges

Drain tuna and flake. Soften gelatine in cold water for five minutes. Dissolve bouillon cubes in boiling water. Add gelatine and stir until dissolved. Chill until almost congealed. Add mayonnaise, eggs, olives, celery, peas, and tuna. Place in a $1\frac{1}{2}$ quart loaf pan; chill until firm. Unmold on salad greens; garnish with tomato wedges. Serves 6.

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